

Palo Duro Senior Center

September NEWSLETTER

BIG IMPROVEMENTS COMING TO PALO DURO SENIOR CENTER

After serving the community for more than 50 years, Palo Duro Senior Center is being expanded and improved to provide more space and functionality for the growing number of seniors who love and use the center.

CONSTRUCTION BEGINS:

Tuesday, September 1, 2026

Exterior work and construction of a new addition will begin while the center remains open.

CENTER CLOSES:

Monday, October 19, 2026

Following Balloon Fiesta, the center will close for interior renovations.

WHAT'S BEING IMPROVED?

- New 1,933-square-foot addition with two new single-user restrooms and additional storage
- Complete renovation of existing restrooms
- Reconfiguration of the lobby and check-in counter
- Replacement of aging kitchen equipment Ceramics, creative arts, and library room enhancements
- Replacement of 15 rooftop HVAC units
- Utility, plumbing, and water line improvements ADA accessibility and building safety improvements

Thank you for your patience as we build a better Palo Duro Senior Center for the next 50 years!

Department of Senior Affairs

ANTICIPATED REOPEN:

Summer 2027

5221 Palo Duro Ave NE

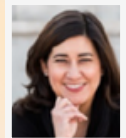
505-888-8102

Hours of Operation:

Mon, Tue, Wed, Thur, Fri

8am - 5pm

Department of Senior Affairs



Anna Sanchez

Director

Kent Vigil

Division Manager

David Goode

Center Manager

Kenya Espinoza

Program Coordinator

Crissy Haynes

Office Assistant

Michelle Manfredi

Program Assistant II

Monica Rosales

General Services

Elvira De La Rosa

Cook

Gladys Hernandez

Kitchen Aid

The Department of Senior Affairs is committed to providing resources with care and compassion that help our community thrive while embracing aging.

Important Dates

September 1: Trip Sign Ups
September 3: AI Scam Presentation
Sept 7: CLOSED / Labor Day



Palo Duro Happenings

Flea market

Wednesday, September 9th

8:30am - 12:30pm

We invite you to our fabulous flea market.

From fashionable clothes, to jewelry and beautiful homemade art!

Interested in hosting a table?

Reserve a table for \$2 on September 9th for our October Flea Market starting at 10:30am, first come, first serve. Please bring your up to date membership card.



Movies

Solo Mio

Thursday, September 10th

1:30pm-4:00pm

PG



Lincoln

Thursday, September 24th

1:30pm-4:00pm

PG-13

GEHM Clinic

Geriatric Education & Health Maintenance

Tuesday, September 1st

8:30 am - 12:00 pm



AARP Smart Driver

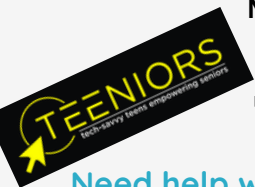
Defensive Course

September 4th

8:30am - 12:30pm

Call PDSC to sign up!

Next month on Oct. 2nd



TEENIORS

**Need help with your laptop, phone or tablet?
let teeniors teach you.**

Wednesday, September 2nd

3:00pm - 5:00pm

Please call the center or sign up at the front desk.

Senior law office

General Law Clinic

Wednesday, September 9th

9:00am - 11:00am

Presented By:

Senior Citizens Law Office

Make appointment at front desk

or call 505-888-8102



Learned Happiness

Every Wednesday!

10:00am - 11:30am

Apply the Science of Happiness.

Weekly topic / recent happiness research / education / events followed by group discussion on personal application. Relaxation exercise to end each class.

By licensed PhD Psychologist

Gayle Zieman



FRIENDSHIP COFFEE

Wednesdays

9:15am - 10:15am



Sept 9th - Stephanie Thompson

Sept 23rd - Stephanie Thompson

Square Dancing

Wednesdays

2:00pm - 4:30pm

Looking for NEW DANCERS to join and team up with the group. Meet friends, have fun and exercise. Learn with music & square dance calls with instructor

Tim Kreitinger

Beginner Class Starts July 8th

2:00pm - 3:00pm

Mainstream

3:00pm - 4:30pm



As part of the New Mexico Grown state initiative, every Thursday, the Department of Senior Affairs will feature a vegetarian meal that incorporates locally sourced fruits, vegetables, beans, or chile into the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 31 Pork Fajitas 4oz Steamed Broccoli 4oz Calabacitas 4oz Tortilla 2ea Orange 4oz 1% Milk 8oz	 1 Chicken Parmesan 5oz Brussel Sprouts 4oz Steamed Carrots 4oz Brownie 1ea 1% Milk 8oz	 2 Red Chile Beef Enchiladas 4oz Pinto Beans 4oz Spanish Rice 4oz Yogurt 4oz 1% Milk 8oz	 3 Elbow Mac & Cheese w/ Broccoli 4oz Spinach/Mushrooms 4oz Wheat Breadstick 1ea Cupped Peaches 4oz 1% Milk 8oz	 4 Meatloaf 4oz Green Beans 4oz Cauliflower 4oz Dinner Roll 1ea Margarine 1pc Pear 4oz 1% Milk 8oz
CLOSED 7 	 8 Roasted Pork Loin 3oz Brown Gravy 1oz Scalloped Potatoes 4oz Brussel Sprouts 4oz Dinner Roll 1ea Margarine 1pc Pears 4oz 1% Milk 8oz	 9 Teriyaki Chicken 3oz Stir Fry Vegetables 4oz Soy Sauce 1pc Green Beans w/ Mushrooms 4oz Brown Rice 4oz Fortune Cookie 2ea 1% Milk 8oz	 10 Pasta Primavera w/ Broccoli & Carrots 4oz Spinach & Chick Peas 4oz Diced Beets 4oz Mandarin Oranges 4oz 1% Milk 8oz	 11 Chile Bowl/Beef 3oz Pinto Beans 4oz Red Chile 1oz Calabacitas 4oz Corn Bread 1ea Mixed Berries 4oz 1% Milk 8oz
 14 Meatloaf w/ Gravy 3oz Mashed Potatoes 1oz Sliced Carrots 4oz Dinner Roll 4oz Margarine 1ea Yogurt 1pc 1% Milk 4oz 8oz	 15 Rotisserie Chicken 3oz Brown Rice 4oz Diced Beets 4oz Green Beans w/ Mushrooms 4oz Dinner Roll 1ea Margarine 1pc Grapes 1ea 1% Milk 8oz	 16 Lemon Pepper Pollock 3oz Buttered Noodles 4oz Spinach 4oz Pinto Beans 4oz Dinner Roll 1ea Margarine 1pc Banana 1ea 1% Milk 8oz	 17 Southwest Omelet 3oz Peppers w/ Onions 4oz Green Chile 1oz Stewed Tomatoes 4oz Black & Pinto Beans 4oz Peaches 4oz 1% Milk 8oz	 18 Herb Pork Loin 3oz Gravy 1oz Sautéed Zucchini 4oz Diced Potatoes 4oz Dinner Roll 1ea Margarine 1pc Applesauce 4oz 1% Milk 8oz
 21 BBQ Chicken 3oz Corn & Red Peppers 4oz Baked Beans 4oz Cornbread 1ea Yogurt 4oz 1% Milk 8oz	 22 Salisbury Steak 3oz Brown Gravy 1oz Mashed Potatoes 4oz Succotash 4oz Mandarin Oranges 4oz 1% Milk 8oz	 23 Sweet & Sour Pork 3oz Stir Fry Vegetables 4oz Brussel Sprouts 4oz Brown Rice 4oz Dinner Roll 1ea Margarine 1pc Warm Sliced Apples 4oz 1% Milk 8oz	 24 <i>Anti-Inflammatory</i> Enchiladas (Green Chile, Squash, Cheese & Corn Tortillas) 2ea Pinto Beans 4oz Spanish Rice 4oz Pudding 4oz 1% Milk 8oz	 25 Tuna Noodle Casserole 4oz Normandy Blend 4oz Breadstick 1ea Diced Pears 4oz 1% Milk 8oz
 28 Green Chile Chicken 3oz Pozole/Pinto Beans 4oz Peppers & Onions 4oz Calabacitas 4oz Tortilla 2ea Mandarin Oranges 4oz 1% Milk 8oz	 29 Beef Tips 3oz Brown Rice 4oz Normandy Blend 4oz Dinner Roll 1ea Margarine 1pc Warm Apple Slices 4oz 1% Milk 8oz	 30 Carne Adovada 3oz Red Chile 2oz Pinto Beans 4oz Spanish Rice 4oz Tortilla 2ea Vanilla Pudding 4oz 1% Milk 8oz	 1 Baked Ziti 4oz Succotash 4oz Garlic Breadstick 1ea Applesauce 4oz 1% Milk 8oz	 2 Green Chile Cheeseburger 1ea Diced Potatoes 4oz Steamed Broccoli 4oz Jell-O 4oz 1% Milk 8oz

Lunch:

Monday-Friday, 11:30am - 1:00pm

Reservations required the previous day before 1:00pm.

You may call in your reservation or reserve in person.

Please arrive for your lunch by 12:30pm.

Daily Schedule

MONDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Open Computer Lab
8:00–4:30 Puzzles
8:30–11:30 Lapidary I, Beginning
9:00–11:00 Palo Duro Singers
9:30–10:30 Strengthening Class
9:30–12:30 Ceramics
11:30–1:00 Lunch
12:00–2:00 Philatelic Society (Stamp Club)
12:30–4:30 Duplicate Bridge
1:00–3:00 French
2:45–4:30 Retired Professionals' Group
2:30–4:00 Line Dancing, Beginner

TUESDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Open Computer Lab (Closed 3rd Tue. 9:30–12:30)
8:00–4:30 Puzzles
8:30–11:30 Lapidary II
8:30–12:00 GEHM (1st Tue. & some 1st Wed.)
9:00–11:00 Quilting
9:00–11:00 Tuesday's Angels
10:00–12:00 Investment Club (3rd Tuesday)
10:00–12:00 Sewing & Alterations
11:30–1:00 Lunch
12:00–2:00 Leather Works
12:00–4:45 Scrabble
1:00–3:00 Creative Arts Group
1:30–2:30 Mystery Book Club (2nd Tuesday)
2:00–4:00 B.I.N.G.O. (\$3 Minimum to play)

WEDNESDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Open Computer Lab
8:00–4:30 Puzzles
8:30–3:30 Metal/Silver Smithing
8:30–12:00 Flea Market (2nd Wednesday)
9:00–12:00 Pottery Open Studio
9:00–12:00 Power of Attorney or General Law (2nd Wed)
9:15–10:15 Friendship Coffee
10:00–11:30 Learned Happiness
10:00–12:00 Golden Eagles (4th Wednesday)
11:30–1:00 Lunch
12:00–3:00 Busy Bees-Crochet and Knitting
12:00–3:00 Game Time: Mexican Train and other games
12:15–3:30 Pottery Open Studio
2:00–4:30 Intermediate Square Dancing

THURSDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Open Computer Lab
8:00–4:30 Puzzles
8:30–11:30 Deaf Seniors Group
8:30–11:30 Lapidary Studio
9:00–11:30 German, Intermediate/Advanced
9:00–12:30 Puzzles
9:30–10:30 Strengthening Core
9:30–12:30 Ceramics
11:30–1:00 Lunch
12:00–1:30 Rockhounds Meeting (1st & 3rd Thu)
12:30–1:30 The Sharing Circle
1:00–2:00 New Member Orientation (3rd Thur)
1:30–2:30 Guitar, Beginning
TBD Rockhounds Trip (2nd and 4th Thursday)

FRIDAY

8:00–9:00 Breakfast
8:00–4:30 Billiards
8:00–4:30 Open Computer Lab
8:00–4:30 Puzzles
8:30–12:00 AARP Defensive Driving (1st Friday)
9:00–12:00 Lapidary III
9:00–12:00 Pottery Open Studio
9:00–11:00 Interactive Bible Study
9:30–10:30 Energy Yoga
10:30–12:00 The Hightoners (Choir)
11:30–1:00 Lunch
12:15–3:30 Pottery Open Studio
1:00–3:00 Cribbage
1:30–4:30 Swedish Weaving-\$10 Material Fee

**Note: Days and times are
subject to change.**

For all our holiday and seasonal events, please visit
www.cabq.gov/seniors and click on the 'Senior
Affairs Events' tab on the left side of the page.

Palo Duro Trips

Trip times & dates
are subject to
change

September Trips

Sign ups September
1st in lobby @ 9am

Please bring updated
membership card &
emergency contact
info

Senior Day @ State Fair

Mon. September 14th

Check In: 9:00am
Depart: 9:15am
Return: 3:30pm

Bistro Buddies: Church Street Cafe

Tues. September 15th

Check In: 11:15am
Depart: 11:30am
Return: 1:30pm

Los Golondrinas & Lunch @ Los 6 Hermanos

Thursday, _
September 24th

Check In: 8:00am
Depart: 8:15am
Return: 2:30pm

Lunch & movies at own expense
Trips are subject to change

upcoming October trips

Sign up October 1st in
lobby @ 9am

Bistro Buddies: Padilla's Mexican Kitchen

Tuesday, October 15th

Check In: 11:15am
Depart: 11:30am
Return: 1:30pm

Albuquerque Fall Gem, Mineral, & Jewelry Show

Friday, October 2nd

Check In: 10:00am
Depart: 10:15am
Return: 2:00pm

Lunch at own expense
Trips are subject to change



Upcoming Hikes



Deer Creek to Cabin Ruins Level B-Moderate

Wednesday, September 2nd

Check In: 8:30am
Depart: 8:45am
Return: 4:00pm

Sign up August 20th

Bosque Loop /Central Ave and I-40 Level B- Moderate

Wednesday, September 16th

Check In: 8:30am
Depart: 8:45am
Return: 3:00pm

Sign up September 3rd

Jemez FR 376 Aspen Area Level B- Moderate

Wednesday, September 30th

Check In: 8:30am
Depart: 8:45am
Return: 4:30pm

Sign up September 17th

upcoming events



In Observance of
Labor Day
Palo Duro Senior Center
will be Closed on
Monday, September 7th

Coffee with Constituents

Thursday, September 24 | 8:30–9:30 a.m.
Los Volcanes Senior Center

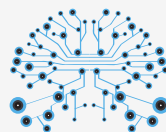


DSA Advisory Council Meeting

Monday, September 21 | 12–1 p.m.
North Domingo Baca Multigenerational Center



ARTIFICIAL INTELLIGENCE, REAL CONSEQUENCES



How to Avoid Becoming a
Victim of the Latest Scams

AI IS USED IN SCAMS TO:

Impersonate celebrities, relatives, and
friends

Impersonate businesses Impersonate
government officials Create fake
strangers to con people out of money

presentation!

Presentation on AI technology
and how it's used in scams.

Thursday, Sept. 3, 2026
9:30 a.m.

Palo Duro Senior Center

FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM will conduct falls risk screenings including strength and balance tests, foot health, medication review, home safety, vision, and more. Learn how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.

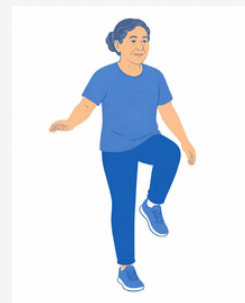


When

Friday, September 18, 2026 8:30 am to 12:00 pm

Where

North Domingo Baca Multigenerational Center
7521 Carmel NE Albuquerque, NM



Brought to you by the City of Albuquerque Department of Senior Affairs Sports & Fitness Program, New Mexico Adult Falls Prevention Coalition, University of New Mexico Health Sciences Center, OASIS Albuquerque, and New Mexico Department of Health. For more information about Falls Prevention, go to [ncoa.org/ FallsPrevention](https://ncoa.org/FallsPrevention).



30 Years!



PRIME TIME 50+ EXPO

Join us as we celebrate 30
incredible years of the 50+ Expo!

Bigger, Better, and Now at
the Newly Renovated
Museum of Natural History & Science!

Tuesday, October 20th 2026!

NEW LOCATION!

8:30AM - 1PM at the

Museum of Natural History & Science

- FREE EVENT -

**Free Health Information and Screenings,
Live Entertainment, Giveaways and Much More!**

Brought to you by Presenting Sponsor



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For More Info Contact:
Prime Time Publishing
Publisher@PrimeTimeNM.com
505-242-2428

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